

## 2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 55: Association of Gardening with Fruit and Vegetable Consumption among California Adolescents**

Have you ever worked in a garden to grow fruits and vegetables?

How many servings of [each fruit, vegetable, or juice reported] did you eat for [meal or snack]?

	Worked in a Garden <sup>1</sup> , Percent of Adolescents	Mean Servings of Fruit, Juice and Vegetables for Adolescents Who Have Gardened <sup>2</sup>	
		Yes	No
<b>Total</b>	<b>46</b>	<b>5.1</b>	<b>4.0</b> ***
<b>Gender</b>			
Males	50 **	5.1	4.3
Females	41	5.0	3.8
<b>Ethnicity</b>			
White	57 ***	5.2	4.0
African American	26	5.0	3.7
Latino	36	5.1	4.2
Asian/Other	45	4.4	4.0
<b>Gender by Age</b>			
<b>Males</b>			
12-13	52	NA <sup>3</sup>	NA
14-15	52	NA	NA
16-17	47	NA	NA
<b>Females</b>			
12-13	50 **	NA	NA
14-15	39	NA	NA
16-17	34	NA	NA
<b>Smoking Status</b>			
Non-Smokers	45	5.1	4.0 *
Smokers	51	4.7	5.2
<b>Physical Activity Status</b>			
Regular	48 **	5.2	4.1
Irregular	36	4.3	3.9
<b>Overweight Status</b>			
Not at Risk	48 **	5.2	4.0
At Risk/Overweight	39	4.8	4.1

A box around a group of numbers signifies that differences observed within this group are statistically significant.

<sup>1</sup> Chi Square Test

<sup>2</sup> ANOVA

\* p<.05

\*\* p<.01

\*\*\* p<.001

<sup>3</sup> Not available at this time.